

FLIGHT JACKET

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Marine Corps Air Station Miramar, Calif.

April 20, 2007



Sgt. Leonard Langston

(Front to back) World War II Navy veteran Kenny Rogers; retired Marine Maj. James C. Russell; and Army veteran Reed Weir prepare their rifles before firing at the Carlos Hathcock Range Complex April 15.

Paralyzed Vets shoot at Carlos Hathcock Range

SGT. LEONARD LANGSTON
Combat Correspondent

The San Diego chapter of the Paralyzed Veterans Association held a rifle shooting competition Sunday at the Carlos Hathcock Range Complex located on East Miramar.

After receiving special permission from Headquarters Marine Corps, retired Marine Maj. James Russell, trap shooting tournament director and Cal-Diego chapter PVA member, received the green light to use the range. The veterans arrived with Ruger Mini-14 .223-caliber rifles with mounted scopes, ready to show off their marksmanship skills.

This is the first time any civilian has shot on the range, according to Master Sgt. James D. Stucker, marksmanship training unit range chief. "They're here to shoot weapons and have a good time," said Stucker.

The convenience and location of the Miramar rifle range had a lot to do with the veterans choosing to shoot here. Days before coming to the range, the Cal-Diego veterans

participated in their 19th Annual Trap Shoot at the San Diego Shotgun Sports Association's trap range here.

Some of the veterans' weapons handling experience dated back to the M-1 Garand rifle while others had no experience.

Regardless of the different training gained from the branch they served in, the veterans share a joy for shooting.

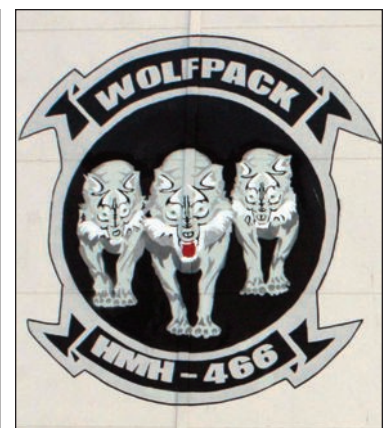
"It's great. Any time you're shooting, it's great," said Russell.

The veterans split into two relays of four shooters per relay. Shooters fired from 200 and 300 yards, completing slow- and rapid-fire series with a possible score of 200.

Top honors went to former Air Force Staff Sgt. Toby Clement, from Mesa, Ariz., with a score of 175.

"I was really impressed with the range," said Clement.

Clement hopes to take the marksmanship training he received from Lance Cpl. Rory A. Self, a marksmanship coach from the marksmanship



Cpl. Kaitlyn Scarboro-Vinklarek

Bags are packed for wolves' take off

CPL. KAITLYN SCARBORO-VINKLAREK
Combat Correspondent

Marine Heavy Helicopter Squadron 466, or HMH-466, of 3rd Marine Aircraft Wing deployed April 12 to Al Asad, Iraq, in support of Operation Iraqi Freedom.

When the squadron returned from Iraq in 2006, they immediately began preparing to redeploy.

The "Wolfpack" readied nine naval aviators as a replacement aircrew. A detachment of 53 per-

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GO TO WOLFPACK PAGE 4

NAVAIR requests Marines' input on environmental safety, concerns

CPL. KAITLYN SCARBORO-VINKLAREK
Combat Correspondent

Coinciding with the consolidation of all San Diego base hazardous-material facilities, Naval Air Systems Command, or NAVAIR, scheduled a Fleet Environmental Information Exchange, or EIE, conference for local San Diego service members. The conference will take place at the Double Tree Hotel at 1515 Hotel Circle South, April 24 to 26.

The ninth annual conference comes to the West Coast this year to educate service members on environmentally friendly maintenance practices and technologies. It urges a response from service members about environmental concerns they face in their workplace.

Coordinators encourage

GO TO NAVAIR PAGE 3



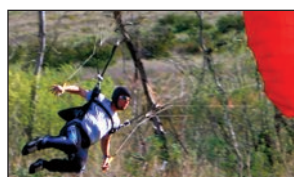
Courtesy of NAVAIR

Sailors and Marines stand in formation outside the 2006 Environmental Information Exchange conference. Conference coordinators hope to have many more service members attend this year's conference in San Diego.

MCAS Web site

Want to know all the buzz, then check out the Flight Jacket on-line.

www.miramar.usmc.mil



FREE FALLING

Marine continues hobby of skydiving. For full story, see pages 8 - 9.

FROM THE CMC

Remember those who've gone before. For full story, see page 2.

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CMC pauses to honor those who have gone before

GEN. JAMES T. CONWAY
Commandant of the Marine Corps

To be a Marine is to be a part of something that represents the best of our nation. It is to accept a way of life that embodies selfless service — to defend those who cannot defend themselves, to thrive in the hardship and sacrifice expected of an elite warrior class, to march to the sound of the guns and to ably shoulder

the heritage created by those who have gone before us.

Only a few Americans choose the dangerous and necessary work of fighting our nation's enemies. As a consequence of that choice, some have paid the ultimate price, joining the honor roll of heroes who built the noble legacy of our Corps. For those of us who carry on that legacy, it is our obligation to honor those fallen

marines. As Marines gather in celebration of our history, we gather in the shadows of greatness — though our fallen can no longer participate in our traditions, they will always be a part of us and who we are.

Therefore, I am directing that all unit mess nights and Marine Corps birthday ball celebrations include worthy and appropriate tributes to our fallen comrades. Subsequent changes to the drill

and ceremonies manual will reflect this requirement. Through meaningful remembrance, the sacrifices of “those who have gone before” will not become distant memories, but will live always in our warrior culture.

Semper Fidelis,
Gen. James T. Conway
Commandant of the Marine Corps



Maj. Gen. Samuel T. Helland
Commanding General
3rd Marine Aircraft Wing



Col. Christopher E. O'Connor
Commanding Officer
MCAS Miramar

PME waivers wave goodbye

COMPILED BY FLIGHT JACKET STAFF

Headquarters Marine Corps will no longer grant professional military education waivers for staff noncommissioned officer promotions.

ALMAR 022/07, published Tuesday, details changes to the Marine Corps policy governing PME requirements for fiscal year 2008 promotions.

The change comes after three years of waiving PME requirements due to high deployment tempo.

According to the ALMAR, in order to be considered best and fully qualified for promotion to the next grade, Marines must complete the PME requirement for promotion to that grade.

Marines who were previously selected with a PME waiver are not required to complete PME requirements for the prior grade.

For example, a staff sergeant selected to gunnery sergeant without having completed Marine Corps Institute courses 7100 or 8100

will not have to complete the courses after being promoted.

Gunnery sergeants looking at first sergeant will continue to have the resident staff noncommissioned officer course waived for fiscal year 2008.

All Marines eligible for promotion should continue to strive to the best of their ability to complete the PME requirements for their grade, said the commandant, Gen. James T. Conway, in the ALMAR.

Completion of PME is required for all meritorious promotions during fiscal year 2008.

A decision on PME policy for fiscal year 2009 Marine Corps and Marine Corps reserves staff noncommissioned officer selection boards will be made during the third quarter of fiscal year 2008.

**Editor's note: ALMAR has been modified for readability. To see in it's original format, visit the ALMARS page on www.usmc.mil.*

PME requirements defined by Enlisted Promotion Manual

For sergeants: MCI courses in the 03.3k or earlier series or the sergeants nonresident program.

For staff sergeants: MCI program 7100 or Career Education Program MCI 8100

For gunnery sergeants: MCI program 7200 or Advanced Career Education Program 8200

The Marine Corps Enlisted PME Program is codified in two Marine Corps Orders: Marine Corps Order P1553.4a, PME and Marine Corps Order P1400.32c, Enlisted Promotion Manual.

For more information, visit www.mcu.usmc.mil/pme/pme.htm.

Religious Services

The Chaplain's Office, located in building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, contact the Chaplain's Office at 858-577-1333, or visit www.miramar.usmc.mil.

Sunday:

9 a.m. Protestant Worship Service
9:30 a.m. Protestant Children's Worship
11 a.m. Roman Catholic Eucharist

Religious Education/Sunday:

9:30 - 10:45 a.m. Catholic CCD Children K-12
10 a.m. Protestant Adult Bible Study
Wednesday 6 - 7 p.m. Baptist Service

Weekday Worship Service:

Monday-Friday 11:30 a.m. Catholic Mass
Monday 6:30 p.m. Contemporary Praise and Worship Service
Wednesday 7 p.m. Baptist Service

Islamic Worship Service:

Islamic Center of San Diego 858-278-5240
www.icsd.org

Jewish:

Jewish Outreach at 858-571-3444
www.jewishinsandiego.org

Sempertoons

by Gunnery Sgt. Charles Wolf



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NAVAIR,

CONTINUED FROM PAGE 1

Miramar Marines to attend the conference to receive hazmat handling updates and to voice concerns related to the upcoming consolidation of San Diego hazardous materials facilities, according to Cindy Webber, EIE team leader.

The three-day conference focuses on the application of environmentally friendly materials to daily workplaces of aviation Marines by incorporating environmentally sound solvents, painting supplies, cleaners and equipment.

During the conference, Marines will participate in presentations, lectures and equipment demonstrations, according to Webber. Marines can test and handle all the demonstrated equipment, helping determine

the feasibility and necessity of each machine.

The conference coordinators want to focus the attention of the conference on the needs of the Marines getting their hands dirty, according to Webber. Coordinators are most interested in the opinions and questions of the junior Marines who use the equipment daily.

In 2005, MCAS Miramar hosted the first EIE conference held on a Marine Corps installation. During the past nine years, the military attendance at the conference has increased each year, with a current reservation of 139 service members and civilians to attend this year's meeting.

"They are going to get training at this conference that they otherwise would never have gotten," said Bruce L. McCafrey, EIE facilitator. "The woman

who is the Navy and Marines Corps' expert in corrosion and cleaning control will hold a session at the conference. We will have the tire and wheel expert, painting and de-painting experts and hydraulics experts. The (service members may) never run across those people in the course of a business day unless they come to this meeting."

NAVAIR encourages military and civilian personnel to register online for the EIE and get up-to-date information about meeting at www.enviro-navair.navy.mil. Other interested persons, including contractors, can contact Cindy Webber at 760-939-2060. Interested patrons may also register on-site, each day of the conference.

Service members interested in participating in the conference are asked to attend in uniform.

Peruvian Marines tour station



Cpl. James B. Hoke

Capt. Sean M. Elward, embark officer, Marine All-Weather Fighter Attack Squadron 225, shows two Peruvian Marine officers the inside of an F/A-18D Hornet here April 12. Four Peruvian officers and one Marine foreign area officer visited Miramar, Naval Station San Diego, MCAS Yuma, Ariz., and Marine Corps Base Camp Pendleton, Calif., as part of an exposure tour April 9 to 13.

WOLFPACK,

CONTINUED FROM PAGE 1

sonnel, separate from the main squadron, also deployed April 12 to support the 13th Marine Expeditionary Unit (Special Operations Capable), known as MEU(SOC).

The remainder of the squadron will provide heavy lift and long range assault support capabilities to II Marine Expeditionary Force, leaving the hangar empty.

"The squadron is well-prepared for the upcoming deployment through the dedication and hard work of our Marines," said Lt. Col. Roger J. McFadden, the Wolfpack's commanding officer. "They realized early on that they needed to strike a balance between fulfilling the needs of the squadron and spending quality time at home. They accomplished both with zeal. I am proud of each and every one of them for it."

Since February 2004, the Wolfpack has accumulated more than 10,000 flight hours in sup-

port of Operation Iraqi Freedom, according to statistics published in March 2006.

Since its inception, the Wolfpack has deployed with nothing less than a perfect return of Marines and aircraft, which it plans to continue for many years to come.

"The squadron has established a long history of mission accomplishment through safe and sound operating procedures, and this upcoming deployment will be no different," said McFadden.

"We don't concentrate on stacking up mishap free hours; we concentrate on accomplishing each single mission successfully and safely through professionalism at all levels," he added.

McFadden knows this deployment will tire and test the families of his Marines, just as it will his subordinates. The lieutenant colonel has prepared his Key Volunteer Network of spouses and loved ones and knows they are just as ready for the deployment as his Marines.

"We deploy forward in support of OIF with a robust compo-

nent of key volunteers prepared to face the rigors of supporting squadron families while their Marine is deployed," said McFadden. "They are a strong and dedicated team of trained volunteers who have my utmost respect for taking on the responsibilities of being the conduit between our deployed squadron and the families of our Marines."

The junior Marines are just as excited and enthusiastic about the upcoming deployment.

"The only thing I am not looking forward to is the heat and the sun," said Cpl. Antonio C. Goes, analyst noncommissioned officer in charge and systems administrator, HMH-466, 3rd MAW.

"I'm pretty pale, so I'm not looking forward to all the sun-screen I will need. Other than that, we've got good leadership and a good shop, so I'm looking forward to seeing how it all unravels," Goes continued.

All members of the Wolfpack are slated to return to the states in approximately six to seven months.

Marine Corps, Navy staff delegates visit Miramar



Cpl. James B. Hoke

Col. Howard F. Barker, the assistant wing commander of 3rd Marine Aircraft Wing, gives a short brief on the workings of the wing to staff delegates here April 5. As part of their West Coast tour of Marine and Navy bases, the nine Marine Corps and eight Navy staff delegates visited Twentynine Palms, Calif., Marine Corps Base Camp Pendleton, Calif., and Naval Air Station Coronado, Calif., to get a first-hand look at how a Marine aircraft wing operates, as well as its role in the Marine Air Ground Task Force. During their visit, the staff delegates had lunch with the 3rd MAW staff, had a hands-on tour through CH-46E Sea Knight, CH-53E Super Stallion and F/A-18D Hornet simulators, and visited numerous static displays of Marine Corps aircraft.



Plc. Austin Goacher

Air Force veteran Staff Sgt. Toby Clement, (bottom) takes a shot while Lance Cpl. Rory A. Self, (left), a rifle marksmanship coach from the marksmanship training unit here, evaluates his performance.

VETERANS,

CONTINUED FROM PAGE 1

ship training unit here, and use it toward future trap shooting competitions.

According to Clement, Self taught him a great deal about the (Ruger) and how to use marksmanship skills to hit the black.

When Stucker released the results of the competition, the veterans joked that the competition had to have been rigged and wondered how it was possible Clement could have out shot everyone.

The mission of Cal-Diego Paralyzed Veterans Association is to improve the quality of life for veterans of the U.S. Armed Forces who have a spinal cord injury or disease.

The PVA is an organization that provides services for the aid and betterment of its members and for improved solutions to the problems of paraplegia.

The association has 34 chapters across the U.S. and a total membership of more than 22,000. Cal-Diego has 503 members.

“This was extremely positive community involvement and we’re hoping to make it an annual event,” said Chief Warrant Officer 3 Eric Brayman, officer in charge, marksmanship training unit.

‘Devil Fish’ under new leadership

Sgt. Maj. Edward T. Sax relinquished his post as the senior-enlisted leader of Marine Aviation Logistics Squadron 11 at 10 a.m. Tuesday at the Miramar Parade Field.



Sgt. Maj. Guy T. Frazier

Sgt. Maj. Guy T. Frazier, formerly of Marine All-Weather Fighter Attack Squadron 225 here, will take over MALS-11.

Sax is scheduled to report to U.S. Army Training Center K46, Fort Leonard Wood, Mo.

During Sax’s tour as sergeant major of MALS-11, the squadron was awarded as the 3rd Marine Aircraft Wing Marion Carl Marine Corps Aviation Association Ground Squadron of the Year for 2006.

“Sgt. Maj. Sax brought with him a legacy and a ground-combat perspective from which the Marines and sailors of MALS-11

benefited greatly,” said Lt. Col. William R. Tibbs, MALS-11 commanding officer. “His visibility and presence throughout the squadron was instrumental in MALS-11 being awarded the 3rd MAW Marion Carl MCAA Ground Squadron of the Year for 2006. His vocabulary was also entertaining, but most importantly the Marines and sailors of MALS-11 understood they had a mentor and their senior-enlisted leader truly was concerned for their welfare.”

Sax’s personal decorations include the Bronze Star with a combat distinguishing device, Navy and Marine Corps Commendation Medal with three gold stars, the Navy and Marine Corps Achievement Medal with four gold stars and the Combat Action Ribbon.



Sgt. Maj. Edward T. Sax

Chaplain's office enhances married life with PREP

LANCE CPL. GEORGE J. PAPASTRAT
Combat Correspondent

Marines and sailors belonging to the air station who plan to take the vows of marriage must first complete the prevention and relationship enhancement program, or PREP, hosted the first Wednesday and Thursday of each month at the Airmen Memorial Chapel here, according to station order 7010.6A.

Available to married and unmarried couples, the two-day course shows the soon-to-be spouses how to enhance their communication skills and learn about one another through an interactive approach to certain relationship situations.

The new instructors for the course, Navy Lts. Michael A. Chester and Ferguson L. Harris, chaplains at the air station, bring an interactive approach to preparing couples with a stronger sense of honor, courage and commitment for the heart of their marriage, explained Chester.

With video clips and vital, time-proven information mixed together in a pluralistic

setting, the PREP experience allows the chaplains to assist couples in the awareness of the caring, support and conflicts apparent during deployments, explained Chester. The two-day setting allows participants to focus on and explore the lifelong meaning and complexities of the word relationship.

"It was a great class," explained Pfc. Travis Brown, a 20-year-old motor transport mechanic at the air station who has been married for a week. "The class allowed me to see deeper into the relationship and understand the needs of both my spouse and myself."

The course also offers a Marine the chance to view the spiritual core values that remind him who he is and why he serves. From emotional support to financial aspects, the message of the course teaches, enriches and prepares couples for marriage.

"PREP is designed to bring skills and a principle-building curriculum to help partners say what they need to say," Chester said. "Helping couples in the Corps get to the heart of problems and increase their connec-

tion with each other during this time of strife and deployment is important."

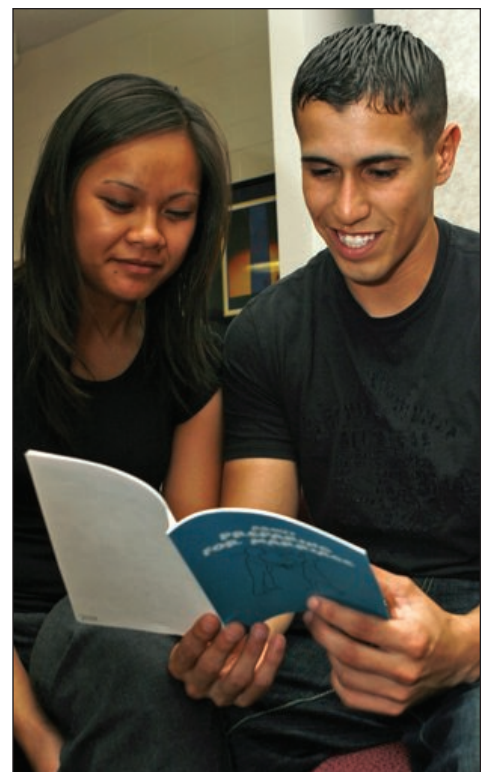
Throughout the course, couples learn the speaker-listener technique, problem solving and skills needed to develop a sound conflict resolution process.

The class introduces good communication skills for the couples to use, explained Cpl. Randy Archuleta, a flight line mechanic at Miramar who attended the course to enhance his communication skills with his fiancée. Archuleta, along with his future bride, Kaeleen Johnson, participated in a speaker-listener activity within the class to resolve underlying issues they had.

"It was a great course," said Johnson. "In the course, we learned skills to help us with current issues and how to combat them in the future."

If married couples don't complete the PREP class, they can't turn in their paperwork for basic allowance for housing.

For more information on the course or to schedule a date to attend, contact the chaplain's office at 858-577-1333.



Lance Cpl. George J. Papastrat
Cpl. Deyani Roth and Sgt. Juan Becerra, soon-to-be newlyweds, sat through the prevention and relationship enhancement program, or PREP, held at the Airmen Memorial Chapel here April 4 and 5.

Kids take on a world of responsibility

LANCE CPL. FRANCES L. GOCH
Combat Correspondent

The personnel and students at the Youth and Teen Center here took the Earth Day message to a new level this year - dedicating the month of April to environmental education.

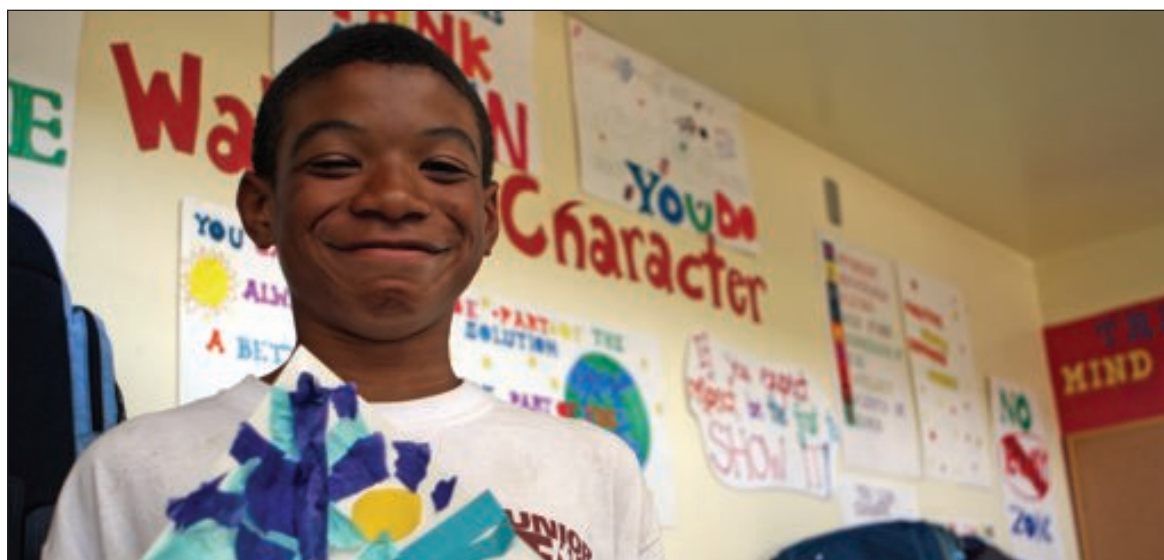
Earth Day was established in 1970 as a means of increasing awareness of environmental issues and educating people about taking care of the environment.

The center built on Earth Day's purpose by bringing lessons about the Earth and its environment into the classroom.

"We wanted to encourage the children to get involved in the different aspects of Earth Day and their environment," said Aerain Bordeaux, a counselor at the Youth and Teen Center here.

Center personnel made learning about the environment a tangible affair. Students made creatures from recyclable materials and created landscape collages from leaves, grass, and bits of wood.

All of the daily activities and lessons they participated in this



Lance Cpl. Frances L. Goch
Eleven-year-old Desmond Simmons shows an example April 16 of just one of the projects that the children at the youth center here have been engaged in during their month-long celebration of Earth Day.

month have been Earth friendly, explained Lorraine Simpson, Youth and Teen Center recreation specialist.

The children also developed skits with environmentally-friendly themes such as the importance of conserving water, why people should recycle, and why not to pollute.

In addition to learning about being environmental stewards, the children explored the science behind those elements of the Earth impacted by mistreatment of the planet. They also learned about the ozone layer, fossils, and climate change around the globe.

For some students, the lessons and the crafts brought better

understanding of activities their parents have them doing outside of the classroom.

"It is cool to learn about stuff my family does at home," said six-year-old Dylan Furtell, who attends the Youth and Teen Center. "We recycle plastic bottles."

The center partnered with Staples, an office supply store chain, in the Recycle for Education program. Through the program, students and classroom staff collected printer cartridges to raise money for the center.

The center received \$3 for every one of the several hundred cartridges donated.

"Getting children involved in their world at an early age is

important because they can then better apply themselves in the future," said Bordeaux. "Both children and adults need to learn to not limit someone based on their size or age."

Earth Day 2007 takes place Sunday and brings with it many opportunities to introduce young people to environmentally sound behaviors.

For more information about Earth Day activities in the San Diego area visit www.earthdayweb.org.

For more information about on the Youth and Teen Center and programs offered at the center, call 858-577-4708.

EarthFair at Balboa

San Diego EarthWorks, a committed network of volunteers dedicated to a healthy, prosperous and sustainable future, is scheduled to host EarthFair 2007 at Balboa Park, San Diego, April 22, in recognition of Earth Day.

EarthFair 2007, made possible by about 400 volunteers, features more than 200 exhibitors, special theme areas, a food pavilion, a special kids' activity area, five entertainment venues, the Children's Earth Parade and Alternative Fuel Vehicle Parade and Show.

Being the largest annual environmental fair in the world, Earth Fair draws around 60,000 visitors per year, allowing them to participate as a visitor, exhibitor, volunteer, performer or sponsor.

For more information on EarthFair, visit www.earthdayweb.org, or for directions to EarthFair, visit www.balboapark.org.



Nowhere to go but DOWN

LANCE CPL. SCOTT T. MCADAM JR.
Combat Correspondent



Wyat Drewes

JAMUL, Calif. — Sgt. Adam Tippie hangs on to the edge of a plane at an altitude of 13,000 feet. Tippie takes video and pictures of skydivers at Skydive San Diego and plans to become an instructor after his career with the Marine Corps.

For some Marines, the path into the military followed their parents' footsteps. For one Marine stationed here, he not only followed his mother's footsteps into the service, he followed her into the service and out of a perfectly good airplane.

For Sgt. Adam Tippie, his interest in skydiving ignited in childhood after watching his mother jump with an Army airborne unit in Fort Bragg, N.C.

"I used to watch her get geared up, get on the plane and land safely with a smile on her face, only to pack up and go for another jump," said the 22-year-old flight equipment technician. "I knew if she was getting so much joy out of it, it had to be great."

Tippie decided to take his first jump in 2004, strapping himself to an instructor and taking the "leap of faith" out of an airplane and into the San Diego skies.

"My exact words were, 'Man that was awesome. I want to do it again!'" said Tippie, remembering his first skydiving adventure. "It was something I wanted to do for a long time and after I started, there was no stopping!"

For Tippie, skydiving is one of his greatest joys. Though he doesn't rate wearing military jump wings, he does tout a considerable amount of experience through civilian skydiving programs. He has completed more than 1,000 jumps, jumped at night, jumped from altitudes as high as 18,500 feet and jumped wearing a wing suit — a gliding jumpsuit with fabric membranes between the legs of the jumper and from the arms to the upper torso.

"I love skydiving because it is something you can never fully conquer," said





JAMUL, Calif. — Wyatt Drewes, Sgt. Adam Tippie's skydiving coach, descends into the drop zone at Skydive San Diego March 4. Drewes took his leap of faith in 1995 and completed more than 8,300 jumps over the last 10 years. He has been Tippie's Coach for the past two years.

Cpl. Brandon L. Roach

Tippie. "There is always something to learn. You can have 10,000 skydives and someone with less than a hundred can teach you something new from a different perspective. It's also a huge adrenaline rush!"

Occasionally, the adrenaline rush comes with an extra jolt of fear. For Tippie, his first night jump stands out as his scariest skydiving experience.

"I had already jumped around 500 times and I was a little cocky before going up," Tippie explained. "Then, the whole ride up I was thinking to myself, 'Why am I jumping at night?' It was cool though, because I could see downtown San Diego all the way to Tijuana all lit up."

Tippie emphasized, not only is it the feeling of skydiving that draws him to the sport, but also the people he's met through skydiving.

Before a seven-month deployment to Iwakuni, Japan in July 2006, all of his friends at his favorite drop-zone threw him a large formation jump.

It was his last jump before he returned and even though he went too low and fell under the formation, his friends made sure it was fun, explained Tippie.

For Tippie, skydiving is not just a hobby it is a

big part of his life, so much so that he decided to seek professional coaching.

"Around my 150th jump or so, I was watching a lot of skydiving movies and realized it would be great to learn from the best, so I decided to get a coach," said Tippie.

Wyat Drewes, Tippie's coach for the last two years, took his leap of faith in 1995 and has since completed more than 8,300 jumps. He has instructed thousands of free-fly and canopy students during the last 10 years.

"The most important skill to bring to the table when taking on a skydiving coach is a good set of ears," Drewes said. "Adam (Tippie) is a great listener and very intuitive, and he asks a lot of questions, which puts him ahead of the norm."

Although Tippie's Marine Corps service will be ending this year, his jumping has only just begun.

After Tippie gets out of the Marine Corps, he plans on moving to Chula Vista so he can be close to his favorite drop-zone and become an instructor.

"I want to take people on tandem jumps and teach them the

Accelerated Free-Fall Course," said Tippie. "I enjoy watching and teaching others about something I am so passionate about. Whenever I see someone struggle and put so much effort into something they love, finally get it and smile; that's an awesome feeling!"

Although not an instructor, his advice as an experienced jumper is still valuable.

For first-time skydivers, Tippie advises tandem jumping. The first jump should be as relaxing as possible. Not having to worry about pulling the parachute, falling in the arched position or landing helps take the stress out of that initial jump.

"Get coaching, learn as much as you can, teach your experiences to others and be humble or the sport will humble you," said Tippie. "You'll be glad you did."

For more information on skydiving, visit www.skydivesandiego.com.



Miramar strives for Star status through OSHA program

CPL. KAITLYN SCARBORO-VINKLAREK
Combat Correspondent

Earning Department of the Navy Safety Excellence recognition in 2003 and the prestigious Commander in Chief Award for Safety as the safest Department of Defense facility the year prior, Marine Corps Air Station Miramar has proven its dedication to safety.

In 2003, when former Secretary of Defense Donald Rumsfeld challenged all military and Department of Defense installations to decrease mishaps 75 percent by 2008, Miramar eagerly accepted the challenge.

Recently, the station welcomed help from the Occupational Safety and Health Administration's Voluntary Protective Programs Center of Excellence, or OSHA VPP CX, in meeting and exceeding Rumsfeld's challenge.

Miramar safety officials hope the assessment and advice from the program team can help the station reach Star status, according to Pat F. McNamara, supervisory safety specialist at the safety office here.

"As a professional Marine,



Sgt. Eric Peacock, a mechanic with Heavy Marine Helicopter Squadron 462, 3rd Marine Aircraft here, demonstrates the proper use of safety equipment required around when working on aircraft. Personal protective safety equipment and its use is one facet of safety the center's teams evaluate.

civilian or nonappropriated funds employee, we are professionals in our work, and safety is part of our professionalism," said McNamara. "If we leave our tools out where they become a hazard — slips, trips and falls are the number one finding — then we're not being professional. So, we're returning to where we should be — we're becoming more professional."

The command will work with center staff to develop proce-

dures and programs that address those safety issues identified during the assessment.

"With the new programs the employees will be looking out for each other and management will be doing an oversight and supporting corrective actions that are required at the workers' level," said McNamara. "The worker is going to have a vested interest in what's going on; he's going to be a stockholder in his own safety. If he sees a problem

and he identifies it, he can address it to a coworker or supervisor. He can actually become a more active participant in his own safety."

A center ambassador and team leader are scheduled to visit the station commanding officer April 30 to discuss the evaluation of the station safety procedures. A follow-on assessment team of program professionals will visit the base a few months later to survey safety procedures of individual station organizations.

During that time, the station's safety office will distribute 380 surveys to station personnel with an emphasis on getting input from non-supervisory personnel.

Surveying the management and employees of a site's safety and health program identifies the gaps between management policies and their actual implementation, according to the center's Web site, www.vppcx.org.

With the personnel surveys and the team's findings, an analysis will provide information regarding the station's safety policies and implementations.

To attain safety on base in all areas, the assessment and controls will not only apply to the service members and government employees on station. Civilian contractors who bid for assignment to jobs on base are also expected to abide by stricter safety regulations.

Contractors will soon have to provide information about corporate safety procedures to the station command. The safety of individual contracting companies will be just as relevant to their assignment to a job as the amount of the bid.

"Are these people safe enough? That will be an element to hiring the best contractor — who will be the safest contractor," said McNamara. "We don't want contractors having to charge us higher prices because their employees had something happen to them over the weekend."

Revamped programs should help teach all station personnel to incorporate safety into their daily routine. The new procedures developed after the assessment are expected to not only

affect procedures on base, but also spill out into the local community as well.

"As you step down the line, that professionalism becomes contagious," said McNamara. "People who work on the flight line, who work in the hangars, contractors who work on base occasionally and other tenant organizations see this cultural change toward safety as a part of professionalism not as just another cost that's added on."

Because the base will focus so strongly on continuous safety improvements, it is expected that each individual will take a bit of that safety outside the gates of Miramar.

The programs implemented after the assessment can result in such diverse safety improvements as more conscientious drivers with seat belts on, wood workers using their tools properly, or civilian contractors more conscience of healthy safety habits while working on station.

"We're actually becoming more efficient because we are safer," said McNamara. "We're having fewer lost-time mishaps. The types of mishaps we do have when they occur are less costly."

Work sites helped by the center's programs have reported more than 60 percent reductions in injuries and illnesses, a 30 percent reduction in worker's compensation costs and a 150 percent return on investment. Since 1982, 864 companies have reportedly saved an estimated \$1 billion using procedures taught by center personnel.

"Although the Department of Defense is not a for-profit entity like corporate America," said McNamara, "we do have expenses, and our workers' compensation expenses, our mishap costs, and our direct and indirect costs of an injury to a service member or a civilian or civil service individual is quite considerable — in the billions of dollars. So when you look at this program, which is an OSHA program, it's a program that will be the train that we get on to go to that 75 percent reduction."

"We always say safety is first, but no, safety is not first," said McNamara. "Safety is part of professionalism."

Station recycling center helps environment, community

LANCE CPL. FRANCES L. GOCH
Combat Correspondent

The station recycling center, tucked away in the northeastern corner of the air station, offers a way for the Miramar community to tend to the environment, one ton of cardboard at a time.

Annually, the recycling center processes more than 37,000 tons of cardboard, but with Earth Day taking place around the globe Sunday, it's an ideal time to re-visit recycling in the hopes of making recycling an everyday activity.

"We want to promote recycling on station, not just for Earth Day but for every day," said Staff Sgt. Ingrid Melvin, the recycling center's staff noncommissioned officer in charge.

Anyone with access to the station can drop off recyclables at the

the recycling center or its satellite collection station in front of the commissary.

A variety of materials are fair game in recycling, according to Melvin, who encourages community members to look past the usual plastic, paper, and aluminum.

"Almost anything can be recycled: appliances, electronics and any kind of metal, not just aluminum," she said.

The more recyclables people bring to the station recycle center, the better services the center can provide. The center relies almost exclusively on funds raised through recycling.

"All of our equipment is bought with money earned from recycling," said Melvin.

Bringing reusable materials to the station recycling center also helps San Diego County.

Annually, San Diego County households dispose of more than 835,000 tons of materials. Approximately 537,000 tons are common recyclables such as paper, glass, plastic and metals.

The center reduces the amount of recyclable refuse that must be transported to landfills by more than 1,000 tons each year - a savings of more than \$1,500 for the county.

For Melvin, the cost savings and money earned are a sidenote to what she sees as the most significant reason to recycle.

"We have to protect our future," said Melvin. "If we don't take care of our environment now, there will be nothing left for our children."

The law is also on Melvin's side. In 1989, California put a law in place that required "local jurisdictions" to reduce their waste by 50 percent or face potential fines of

\$10,000 per day.

San Diego is home to more than one million people and generates about nine million pounds of trash annually, according to statistics published on www.sandiego.gov.

The only city run landfill is expected to fill to capacity and close by 2012.

Each year, San Diegans put enough recyclables into the landfill to fill Petco Park from the floor of the dugout to the highest seat more than five times.

Use of the station recycling center and other recycling centers in the San Diego area can help extend the shelf life of the landfill, ensure San Diego meets state recycling requirements, and help the environment.

For additional information, contact the recycling center at 858-577-6366/8873.



Lance Cpl. Frances L. Goch
Cpl. John Jakubowski, a worker with the recycling center here, tosses a box into a cardboard recycling bin here Monday. San Diego County accumulates approximately 37,000 tons of cardboard from household disposal annually.

Quarterly personal savings rate from 1951 to 2006

Information from www.theoil Drum.com.

The personal savings rate — the amount of money the average American has left over to save after paying living expenses and taxes — fell into the negatives by one-half percent in 2005 for the first time since the Great Depression. In 2006, it continued its decline to one percent as the debt rate increased thirteenfold.

Early road of investing leads to big dollars at retirement

CPL. JAMES B. HOKE
Combat Correspondent

For the third time in the history of the United States, the national savings rate — the amount the average American has left over to save after they pay living expenses and taxes — dropped into the negatives last year by one percent. The last time it fell into the negatives, it slumped to one-half percent in 2005. Before that, it plunged Americans into the Great Depression.

In the recent ALMAR 011/07, the Commandant of the Marine Corps, Gen. James T. Conway, expressed concern for many Marines who may not be taking advantage of the financial opportunities available to them, such as the Thrift Savings Plan, known as the TSP.

Of the approximate 161,000 enlisted Marines, only 33 percent participate in the TSP, and of the 19,000 officers, only 44 percent invested in the savings plan, according to the ALMAR.

Established in the Federal Employees' Retirement System Act of 1986, the TSP, a military version of 401(k) retirement program offered by civilian companies to their employees, is a before tax, tax-deferred, government-approved retirement plan for federal employees, according to www.tsp.gov.

"Any funds that you invest into the Thrift Savings Plan are deducted from your taxable income," said Craig Hughes, accredited financial counselor, Marine Corps Community Services here. "In other words, whatever you put into the TSP is an investment that you would have otherwise paid taxes on. It goes in before it is taxed."

"The tax deferred part is that it gets to grow in the account over time without taxes being paid on it," Hughes said.

Fifty-nine and a half is the earliest age the government will allow investors to withdraw without penalties. The funds become taxable as individuals withdraw and claim them during retirement, according to Hughes.

Regardless of a Marine's length of service, the TSP benefits all who invest in it.

"The benefit of any investment plan is the earlier you begin, the more money you'll have at the end," said Hughes. "This will benefit the Marine by getting started early on an investment program and building tax-deferred investments. If they become a civilian in four years though, they have several choices."

"They can leave their investment in the savings plan, and it will continue to grow in whatever accounts they have it in," Hughes added. "You wouldn't be able to add any additional money to it, because you can only contribute to the plan from federal income."

Marines can also roll their savings in the

TSP over to a 401(k) or Roth Individual Retirement Annuity, or IRA.

"If you decide to take the money out of your TSP without rolling it over, you are going to have to pay taxes on the money you didn't pay taxes on when you put it in, as well as a 10 percent penalty for taking the money out before reaching the age of 59 and a half," said Hughes.

While on active duty and if a Marine does not work a part-time job with a company that offers the 401(k), he can invest in the TSP, IRA or both.

According to Hughes, each savings program offers unique benefits

"A Roth IRA is an after tax, tax-free plan," said Hughes. "You earn your money, pay taxes on it and invest it in the Roth IRA, and when you go to receive it at retirement, it's tax free."

"The Roth IRA and TSP are only taxed once," Hughes added. "The advantage of the tax-free Roth IRA is that over a long period of time, more than 90 percent of the value of that investment will be represented in gain. In the Roth IRA, that gain is going to be tax free. With the same scenario in the TSP, that 90 percent will be taxed."

Through a 40-year investment of a lump sum of \$4,000 at a 10-percent rate of return, a Marine can look to receive approximately \$215,000. However, due to financial instability, many Marines miss the opportunities to take advantage of investments and retirement plans.

"The number one reason people do not invest is because they are so heavily in debt," said Hughes. "Many people do not have excess funds to invest because they are overspending. It is so easy these days to go into debt and have everything you want right now. It's easier than it ever has been. In fact, if you look at the numbers, the debt level of this country has risen 13 fold during the last 20 years. At the same time, the savings rate has gone down."

For the Thrift Savings Plan, a Marine can invest any amount he chooses so long as it does not exceed \$15,500 for the full year. According to the ALMAR, Marines need to take advantage of the benefits investing can offer them, as it will directly impact their careers and lives further down the road.

"The average rate of inflation over the last 100 years has been 3.1 percent," said Hughes. "At a three percent inflation rate, the value of money will decrease by 50 percent in 25 years. Whatever you think you will need in 25 years, you better double it. If you look at 40 years, you better triple it. The value of money is going down."

For more information on the Thrift Savings Plan or the Roth IRA, visit www.tsp.gov or www.rothira.com.

Padres' CEO gives back to Corps

CPL. KAITLYN SCARBORO-VINKLAREK
Combat Correspondent

The first pitch of the Padres' season opener has been chucked by a San Diego service member every year for the past ten years. Almost every Sunday home game, 6,000 seats await the latest graduating company of Marine recruits from Marine Corps Recruit Depot San Diego.

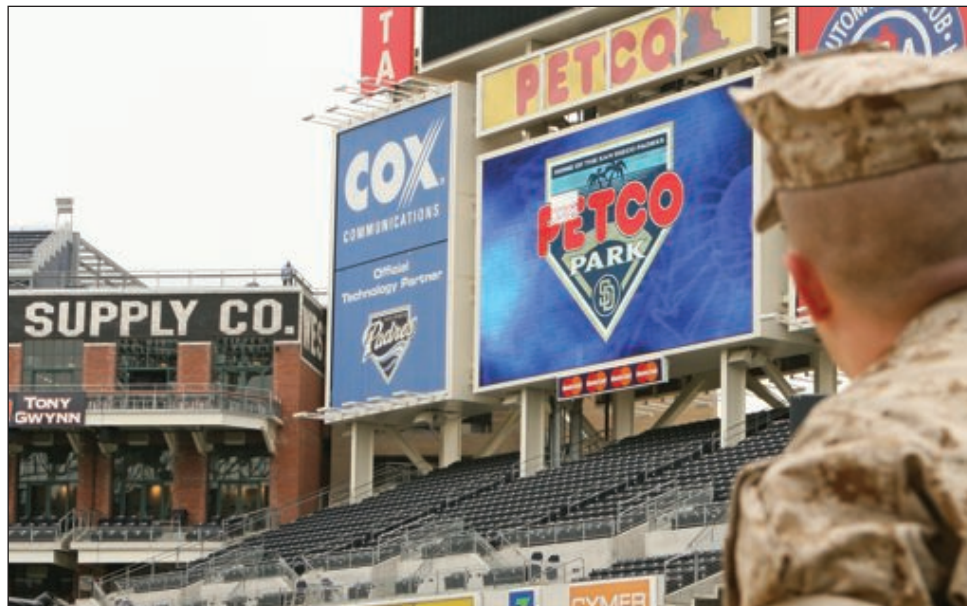
The San Diego Padres annually hosts a Military Home Opener with more than 5,000 service members in attendance — one of the largest events of its kind in professional baseball, according to Jack Ensich, a retired Navy captain and the military marketing director for the Padres.

But Ensich is not the only former service member turned Padre that feels such a strong pride in country, duty and baseball.

As a former Marine Corps infantry officer, Sandy Alderson became an officer of another kind when he took over as chief executive officer of the San Diego Padres.

Many of the Padres programs have honored the military community for years, but Alderson has taken it upon himself to give back to service men and women a few game tickets at a time.

For the three years he has been in



Cpl. Kaitlyn Scarboro-Vinklerek

charge, Alderson purchased four season tickets that were distributed to San Diego service members through base-sponsored programs.

"It's an opportunity for us to recognize the contributions of the military," said Alderson. "We're always looking for a way to improve our military programs."

As one of the recipients of that offering, Miramar's Great Escape averages seats to 25 home games per season and continues to distribute them to its patrons.

The Great Escape holds a raffle for

game tickets when available. Patrons are encouraged to enter their names into the drawing as often as once a day at the Great Escape.

Marine Corps Community Services social recreation director, D. J. McCluskey, thanks Alderson for his generous donations to the station service members.

"I have to send the names of the winners to Alderson's secretary," said McCluskey. "And I always warn the guys to not be surprised if someone from

Alderson's office thanks them for their service and attendance. When it happens, the guys are always so impressed that someone came to thank them when they feel like they should be the thankful ones."

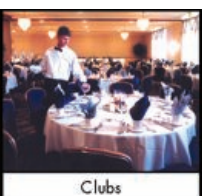
Pfc. Adrian Corpus, a 7-ton and humvee driver with Marine Wing Support Squadron 373, 3rd Marine Aircraft Wing here, hopes to win free tickets because he has never been to a baseball game before.

"I just want to go to a game," said Corpus. "It is so generous of the CEO to donate these tickets to the Marines and all of the service members. It makes me feel really respected and honored that someone cares about us so much. I just hope I win a couple of tickets to a game, so I can enjoy the donation even more."

Great Escape patrons can enter their names into the drawing once a day, every day, according to McCluskey. When a name is picked, McCluskey notifies the winner of the date and time of the game. But if a winner cannot attend the scheduled game, their ticket is placed back in the raffle box for use at a later date.

Annually, the Padres support dozens of programs focused on the military community.

A contribution to the local military is just one of the ways the Padres and Alderson give back to their community.



CALENDAR OF EVENTS

April is Child Abuse Prevention Month: "All Kids Are Stars!"

- Fri., Apr. 20 Wing Night — 35 cent wings, 5 – 8 p.m. DJ "Stick D," 7 p.m. – 12 a.m., Enlisted Clubs
Tastes of Mexico Buffet, 6 – 8 p.m., Officers' Club, 858-577-4808 for reservations
- Sat., Apr. 21 Swap Meet, 8 a.m. – 2 p.m., Youth Sports Complex, 858-577-4142
Devil Dog Duathlon, 8:30 a.m., Camp Pendleton, www.camppendletonraces.com
Marine Teen Training, 10:30 a.m., Miramar Sports Complex, 858-577-4128
L.I.N.K.S. Jane Wayne Event, 9 a.m., L.I.N.K.S. House, 858-577-4810
- Apr. 23 – 27 Command Financial Specialist Training, Education Center, 858-577-9802
- Mon., Apr. 23 Deployment Support Group for Grades K – 2, 3:15 – 4 p.m., 858-437-7841
Deployment Support Group for Middle Schoolers, 4:15 – 5 p.m., 858-437-7841
- Tues., Apr. 24 New Parent Support Play Morning, 9:30 – 11 a.m., CDC Park, 858-577-9812
Deployment Support Group for Preschoolers, 2 – 2:45 p.m., 858-437-7841
Deployment Support Group for Grades 3 – 5, 3:15 – 4 p.m., 858-437-7841
Meditation & Mindfulness for Marines, 5 – 6 p.m., Semper Fit Center, 858-577-1331
First Book Club Meeting, Fly Boys by James Bradley, 5 p.m., Library, 858-577-1261
Taco Tuesday – Two Tacos for \$1.00, 5 – 8 p.m., Enlisted Clubs
Marine Teen Training, 6:30 pm, Miramar Sports Complex, 858-577-4128
- Wed., Apr. 25 SgtMaj Howard's Catfish Buffet, 11 a.m. – 2 p.m., Enlisted Clubs
Karaoke Night, 7 – 10 p.m., Enlisted/SNCO Clubs
- Thurs., Apr. 26 *Month of the Military Child, S.D. Civic Dance Arts, 1:30 p.m., Theater, 858-577-6365
Stress Management II, 1 – 3 p.m., Counseling Center, 858-577-6585
Dance Night with DJ Music, 7 – 11 p.m., Enlisted Clubs
- Fri., Apr. 27 Key Volunteer Advisor Training, 9 a.m. – 12 p.m., L.I.N.K.S. House, 858-577-1322
Wing Night – 35 cent wings, 5 – 8 p.m. DJ "Stick D," 7 p.m. – 12 a.m., Enlisted Clubs
Mongolian BBQ, 6 – 8 p.m., Officers' Club, 858-577-4808 for reservations
OWC Rock, Paper, Scissors Tournament, 5 – 7:15 p.m., Officers' Club, 858-577-4808
- Sat., Apr. 28 Key Volunteer Basic Training, 9 a.m. – 4 p.m., L.I.N.K.S. House, 858-577-1322
Mission Beach Trip for Single Enlisted Active Duty, \$1/person, 858-577-6171 to sign up
Marine Teen Training, 10:30 a.m., Miramar Sports Complex, 858-577-4128
*Children's Nutrition Seminar with Dr. Jim Sears, 3:30 p.m., Officers' Club, All Hands

*More information on this special event is available below.

WE'RE HERE TO SERVE YOU

Month of the Military Child: San Diego Civic Dance Arts

On Thursday, April 26 at 1:30 p.m., stop by the Bob Hope Theater and enjoy the routines of San Diego Civic Dance Arts as they dance through the decades. Enjoy dance routines from the 1920s through the 1990s. This high-stepping, fast-paced program will have you dancing in your seats. This live show will be followed by a children's matinee movie at 2 p.m. The live show and movie are both FREE. Call 858-577-6365 for more information.

Dr. Jim Sears to speak at the Officers' Club

Pediatrician Dr. Jim Sears, who has been featured on the "Today" Show and "Dr. Phil," and will be speaking at the Officers' Club on April 28 at 3:30 p.m., is most passionate about educating parents about the vital role nutrition plays in improving a variety of medical and behavioral issues in children. Topics will include: How the standard American diet is poisoning our kids, How to educate your children about nutrition by taking a virtual shopping trip with Dr. Sears and his kids, and the foods your child should eat everyday. For additional information, please e-mail Christine Hancock at correspondence@miramarowc.org. This event is open to all hands.

Building #5305 is now called The Hub at Miramar

Check out the NEW Hub at Miramar, located in the middle of the barracks! Distance Learning and Education offices are now open as well as the Career Resource Center, Cyber Center, library, multipurpose room (Miramar Room), Stateside Café and the Transition Assistance Program. In July 2007, the Hub will also house The Great Escape — Enlisted Recreation Center and Legends Sports Grill. Check back for more information on the Hub Grand Opening.

MCX NEWS

MCX Sales

April MCX w/Baby Bargains Sale
Spring Furniture Sale

April 11 – 22
April 11 – 22

Visit watch and jewelry repair for all your needs

Stop in at our new store location to have all your watch and jewelry items repaired. Special for the month of April: \$5.00 Battery Installations (Some watches do not apply. Stop by the store for details). Watch and jewelry repair is located in the MCX main store promenade. Call 858-695-7313 for additional information.

MCX Video Rental

Through the end of April, rent any three old release comedy movies for three days for only \$5. Sign up anytime for a new membership and receive a free rental. The MCX Video Rental Store is located in the middle of the barracks, near the chow hall in building 5638. For additional information, please call 858-695-7209.

Bob Hope Theater

- Fri., April 20 **Zodiac (R)**
6:30 p.m.
***Black Snake Moan (R)**
9:00 p.m.
- Sat., April 21 **Wild Hogs (PG-13)**
6:30 p.m.
***Daddy's Little Girls (PG-13)**
9:00 p.m.
- Sun., April 22 ***The Astronaut Farmer (PG)**
1:00 p.m.
***Ghost Rider (PG-13)**
6:30 p.m.
- Wed., April 25 **300 (PG-13)**
6:30 p.m.
- Thurs., April 26 **Month of the Military Child San Diego Civic Dance Arts**
1:30 p.m. FREE Live show
Happily N'Ever After (PG)
2:00 p.m. FREE Admission
***Zodiac (R)**
6:30 p.m.

*Indicates Last Showing

ANNOUNCEMENTS

All Services Enlisted Ball

Tickets are on sale now for the 18th Annual All Services Enlisted Ball hosted at Marriott Mission Valley, San Diego May 5. Reception begins at 6 p.m. For more information, as well as ticket prices, contact Sgt. Maj. Thomas H. Howard at 858-577-4770.

Volunteer for Navy's Youth Drug Education Program

The Navy's Drug Education for Youth program, or DEFY, is looking for active duty personnel and Department of Defense civilians as volunteers to serve as team leaders, camp corpsmen, camp nurses and administrative

assistants for the 2007 DEFY Phase I program. For more information, contact Petty Officer 3rd Class Mirna Morales at mirna.morales@med.navy.mil or go to www.hq.navy.mil/defy/.

Dental Power Outages in April

During the month of April, the Miramar Branch Dental Clinic will not have power service during the weekend. Due to these scheduled power outages, the clinic will not be able to provide any dental or administrative services during weekend hours. The outages will begin at 4 p.m. Friday and continue until 7 a.m. Monday. All emergency dental care

issues will be covered by Naval Medical Center San Diego at the 32nd Street dental clinic. To contact the 32nd Street dental clinic call 619-556-8239.

South Carolina Recruiting Opportunities

Recruiting Station Columbia, S.C., is looking for a few good Marines for permissive temporary additional duty on recruiter's assistance. This opportunity offers lance corporals and corporals a chance to earn 20 points per referral toward promotion. Sergeants receive a letter of appreciation. Marines interested in accelerating their promotion, please contact your hometown

recruiting substation. For further assistance, call 803-788-8788.

Nashville areas call for recruiter assistants

Earn promotion points for assisting recruiters in the Tennessee area. Recruiter assistants are needed at Recruiting Station Nashville for the areas of Memphis, Jackson, Nashville, Chattanooga, Knoxville and Northern Alabama. For more information, applicants are encouraged to contact Sgt. Maj. Scott Samuels or Gunnery Sgt. Wallace Mosby at 615-627-1526, ext. 229.